

Curried Chicken with Raisins and Mushrooms

Rating: ★★★★★

Cook time: 30 minutes

Makes: 4 Servings

Savory chicken and mushrooms balanced with the sweetness of raisins and red bell peppers will make this curried one-pan recipe a family favorite.

Ingredients

- 1 1/2 teaspoons** olive oil (extra virgin or virgin)
- 2** boneless, skinless chicken breasts (about 12 oz, diced into 1 inch cubes)
- 2 cups** sliced fresh white mushrooms
- 2 cups** sliced cremini mushrooms
- 1/2** medium red bell pepper (cut into 3/4" squares)
- 2 cups** low sodium chicken broth
- 1 cup** raisins
- 2 cups** instant whole-grain rice
- 1 1/2 tablespoons** curry powder

Directions

1. Heat olive oil in large sauté pan.
2. With heat on medium-high, place chicken in pan and cover with lid.
3. Cook chicken about 5 minutes.
4. Add mushrooms and peppers to pan and sauté 3-4 minutes.
5. Add chicken broth.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	440	
Total Fat	6 g	9%
Protein	6 g	
Carbohydrates	71 g	24%
Dietary Fiber	6 g	24%
Saturated Fat	1 g	5%
Sodium	410 mg	17%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1 cup
Grains	1 1/2 ounces
Protein Foods	2 ounces

6. Gently mix in raisins, rice, and curry powder; bring to boil, reduce heat and cover.
7. Simmer until rice is done; fluff with fork and let sit 3-5 minutes before serving.

Notes

Serving Suggestions: Add a side salad with light dressing and an 8 oz glass of fat-free milk.

Time Saving Ideas: Purchase sliced mushrooms, fresh or frozen bell pepper strips, and pre-cooked, diced chicken.

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